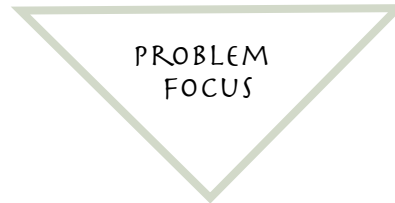




What's your focus?

Worksheet 1

Think of a minor problem you are experiencing right now in some area of your life. Answer the questions below



What is your problem?

For how long have you had this problem?

Whose fault is it that you have this problem?

List 4 things this problem stops you from doing that you want to do?

1. _____
2. _____
3. _____
4. _____

What is your worst experience with this problem so far?

What has stopped you from solving this problem so far?



What's your focus?

Worksheet 2

Think of the same problem from worksheet 1. Answer the questions below



What do you want?

Write this as if you already have it e.g I am running 10K each week

When do you want it?

Be very specific e.g. by 12th December 2016 (add in a time if you can)

What resources do you already have to help you achieve it?

Think about your skills, strengths and experience and also practical resources

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What in your life will improve when you achieve it?



What similar things have you already succeeded in doing?

1. _____
2. _____
3. _____

What actions could you take towards achieving this outcome?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

What 3 actions will you take towards achieving your outcome - and when?

Actions - I WILL

Date

Time

- | | | |
|----------|-------|-------|
| 1. _____ | _____ | _____ |
| 2. _____ | _____ | _____ |
| 3. _____ | _____ | _____ |

You can repeat this exercise so that you can become accustomed to seeing things from a positive perspective.

Listen out for your inner chatter and return to this exercise as and when you need to.

Post a comment to let me know how you get on

Don't forget to subscribe at the bottom of my home page to my mailing list so that you can receive any future worksheets!